

The background of the image features abstract geometric shapes. It includes several overlapping circles in various sizes, some filled with a light lavender color and others left white. Interspersed among the circles are solid-colored squares and rectangles in shades of dark navy blue, teal, and a lighter purple. The overall effect is a modern, graphic design.

# he & she

Revised Edition



"... without the elements of love, caring, and commitment, sex becomes a mechanical activity . . . which in large measure cheats both individuals involved."

**UNDERSTANDING SEX**  
Alan F. Guttmacher

**FACT**

**Moving into manhood.**

**William W. Bauer**

**Way to womanhood.**

A noted doctor proves that getting to be a man or a woman is more, much more, than growing up sexually.

**VD: Facts you should know.**

**Andre Blanzaco**

What are venereal diseases and how are they caused, cured, and prevented?

**Love, sex, and being human.**

**Paul Bohannan**

Learning the physiology of sex is easy; what's difficult is deciding on standards of behavior that are right for you.

**The man that you marry.**

**Eleanor S. Boll**

A man and woman who understand each other and adjust to each other are the "best team that was ever put on earth." Here is the girl's role on the team.

**The girl that you marry.**

**James H.S. Bossard**

She's different from a man. Often she puts home, security, and children FIRST. Most of all, she is an individual.

**Better than the birds; smarter than the bees.**

**Helen J. Burn**

Doctors, psychologists, educators, and clergymen give frank answers to teenagers' questions on sex and growing up.

**Young people and sex.**

**Arthur H. Cain**

First you must clarify your basic knowledge of the physical, psychological, social, and religious aspects of sex, and only then can you control your behavior in accordance with the reasonable dictates of society.

**Attaining manhood.**

**George W. Corner**

**Attaining womanhood.**

A doctor talks to boys and girls about sex and human reproduction.

**Sex and the adolescent.**

**Maxine Davis**

Exactly what is sex? And how do you channel this complicated physical, emotional, and social force to make a rich and happy life?

**About sex and growing up.**

**Evelyn R. Duvall**

In clear and simple terms an expert helps pre-teens understand the changes taking place in their bodies and emotions as they become adults.

**The art of dating.**

**Evelyn R. Duvall**

This eye-opening approach to dating handles such topics as your reputation, drive-ins, falling in and out of love, amorous advances, and inter-faith dating.

**Love and the facts of life.**

**Evelyn R. Duvall**

Straight answers to straight questions on what is normal, what is healthy, and what is right in matters of love.

**Why wait till marriage?**

**Evelyn R. Duvall**

*Also available in a Special Catholic Edition.*

Everybody's doing it — or are they? The case for premarital chastity is examined frankly and in depth by a well-known authority.

**Before you marry.**

**Sylvanus M. Duvall**

What are your chances for success in marriage? Why do marriages fail? What about sex before and after marriage?

**A girl grows up. 4th ed.**

**Ruth Fedder**

Growing up is like riding an emotional seesaw. Here's why — and what to do about it.

**Teen-age sex counselor.**

**Bert Y. Glassberg**

Is it love or infatuation? When does necking become petting? What is the right age for marriage? A doctor-psychologist helps young people understand some of the complex problems of growing up.

**Understanding sex.**

**Alan F. Guttmacher**

An eminent gynecologist talks about petting, intercourse, pregnancy, birth, and venereal diseases, among many other topics, to give you a factual basis for deciding about your personal behavior.

**Growing up with sex.**

**Richard F. Hettlinger**

What is the difference between infatuation and love? Does love make it right? Here are forthright discussions on the interrelationship of the physical, emotional, and psychological aspects of sex.

**Love and sex and growing up.**

**Eric W. Johnson**

Understanding the many physical changes that adolescence brings prepares you for your future role as a husband or wife.

**Love and sex in plain language. Rev. ed.**

**Eric W. Johnson**

It's not enough to learn the biological facts about sex. You have to place this knowledge in a framework of values.

**The Catholic youth's guide to life and love.**                    **George A. Kelly**

This thoughtful, religious book looks into moods and body changes, going steady, the differences between infatuation and love, and the meaning of marriage.

**Human reproduction, health and hygiene.**                    **Thomas H. Knepp**

The physical changes the teen years bring and how a baby is conceived and born are described clearly and concisely.

**Love, sex, and the teenager.**                                  **Rhoda L. Lorand**

An experienced psychologist candidly discusses such question marks as drinking, masturbation, homosexuality, and dating behavior.

**A girl's guide to dating and going steady.**                    **Tom McGinnis**

What does "growing up" really mean? Do you want to go steady? When are you ready for marriage? An expert helps you find the right answers.

**Single and pregnant.**    **Ruth I. Pierce**

"No solution to being single and pregnant is straight and simple." Here is a forthright discussion of possible alternatives as well as suggestions about where to go for help.

**Letters to Karen.**    **Charlie W. Shedd**

Letters to a bride-to-be on how to keep love in her marriage — forever.

**Letters to Philip.**    **Charlie W. Shedd**

A new husband learns what makes a marriage "extraspecial."

**Sex before 20. Rev. ed.**                                        **Helen F. Southard**

A psychologist gives you the facts about the physical, emotional, and social aspects of sex so that you can think out your own code of sexual responsibility.

**A teenager's guide to life and love**

**Benjamin M. Spock**

The development of sexuality, sexual freedom, and the meaning of marriage are some of the topics frankly discussed by a doctor who really cares about young people.

**The house of tomorrow.**

**Jean Thompson**

In the Salvation Army's home for unwed mothers, Jean must learn to face loneliness and to make many difficult decisions which will affect her life and that of her unborn child.

## **FICTION**

**I'll get there. It better be worth the trip.**

**John Donovan**

For one brief moment Davy's relationship with Altschuler becomes something more than just friendship.

**A girl like me.**

**Jeannette Eyerly**

Robin broke off with Randy in time, but Cass dated Brew until it was too late.

**Mr. and Mrs. Bo Jo Jones.**

**Ann Head**

"I was sixteen and Bo Jo was seventeen when we married . . . most teen-agers who marry, marry because they have to. Or else. We looked into some of the 'or elses' and decided they weren't for us."

**The man without a face.**

**Isabelle Holland**

Not much affection had come Charles's way until the summer he was fourteen when he met McLeod and learned that love has many facets.

**A long way home from Troy.**

**Donia W. Mills**

Jeannie thinks that strong, tough, drag-racer Truck Hardy is a great guy until she discovers she may have to marry him.

**Too bad about the Haines girl.**

**Zoa Sherburne**

"It was like walking in the shadows," Melinda thought, "like moving through a nightmare." But, somehow, she and Jeff had to find a way to face that nightmare.

**Hold yourself dear.**

**Pauline C. Smith**

If she followed Harriet's advice she would have dates and fun. But, Merle realized, she would soon have trouble, too.

**You would if you loved me.**

**Nora Stirling**

To give into Tom or not — it's the same old question, except that Trudy doesn't come up with the same old answer.

**My darling, my hamburger.**

**Paul Zindel**

Liz and Sean discover the hard way that love means responsibility; Maggie and Dennis realize that friendship is possible even after a disastrous first date.

## **FOR CHILDREN\***

### **FACT**

**Growing up. 4th ed.**

**Karl DeSchweinitz**

How a baby is conceived, is born, and grows up.

Gr. 3—5

\*These books may be used by parents with children younger than grades indicated.

**The story of a baby.**

**Marie H. Ets**

From particles too small to be seen at all, new life forms and a baby is born.

Gr. 4-6

**Window into an egg.**

**Geraldine L. Flanagan**

Descriptions and photographs of chick cells and chick embryos at different stages of development introduce the concepts of reproduction.

Gr. 3-6

**Facts about sex.**

**Sol Gordon**

Succinct explanations of the physiology of sex and definitions of sex slang are included in this introductory guide by a child psychologist.

Gr. 5-8

**The wonderful story of you.**

**Benjamin C. Gruenberg**

"This is the story of you! How you were born, how and why you developed the way you did and what your future capabilities can be as an adult."

Gr. 5-8

**The wonderful story of how you were born. Rev. ed.**

**Sidonie Gruenberg**

"Where did I come from?" "How was I born?" An understanding authority on child development gives the answers in a sympathetic manner that encourages a healthy attitude towards sex.

Gr. 4-5

**The human story; facts on birth, growth, and reproduction**

**Sadie Hofstein**

An expert discusses the physical changes of growing up and explains how a baby is conceived and is born.

Gr. 5-8

**What's happening to me? Rev. ed.**

**Marion O. Lerrigo**

Boy-girl relationships, male and female reproductive systems, and the birth of a baby are some of the topics frankly discussed for almost-teens.

Gr. 7-8

**How we are born.**

**Living things and their young.**

**Man and woman.**

**Julian May**

Easy-to-understand text accompanied by photographs and drawings presents the basic facts about the physical differences between male and female, the creation of new life, and the birth of a baby.

Gr. 3-6

**How new life begins.**

**The world of living things.**

**Esther K. Meeks**

The concept of reproduction and the continual renewal of all living things is explained for a young child through colorful photographs and a very simple text.

Gr. 1-3

**How life begins.**

**Jules Power**

Clear, simple explanations about the beginning of life in animals and in human beings.

Gr. 5-7

**Before you were a baby.**

**Paul Showers**

"Every baby in the world came from two tiny cells that nobody could see." The beginnings of human life are presented in elementary terms.

Gr. K-3

**Being born.**

**Frances B. Strain**

Factual, understanding explanations for young questioners who want to know, "What do you do to get a baby?"

Gr. 5-8

## FICTION

**Are you there God? It's me, Margaret.**

**Judy Blume**

Eleven-year-old Margaret is "no religion" but that does not stop her from asking God to help her face the problems of growing up.

Gr. 5-6

**Then again, maybe I won't.**

**Judy Blume**

The year he is thirteen Tony discovers a whole new range of feelings when he looks at Lisa, his sixteen-year-old neighbor.

Gr. 5-6

## **FOR PARENTS**

**How to discuss sex with teenagers.**

**Wayne J. Anderson**

Sample conversations, covering such topics as the approach of manhood and womanhood, dating problems, and premarital intercourse, help parents who have difficulty talking about sex with their teenagers.

**How to explain sex to children.**

**Wayne J. Anderson**

"... from birth on, a child's every waking moment is filled with influences that are . . . developing his sexuality."

**Your growing child and sex.**

**Helene S. Arnstein**

"Sex education is a continuing process, continued in different ways, with different emphases at different times in a youngster's life."

**Sex education and the new morality; a search for a meaningful social ethic.**

**Child Study Association of America**

Psychologists, doctors, religious leaders, teachers, and social scientists explore new avenues of thought in the complex areas of sexual behavior, sex education, and social ethics.

**What to tell your children about sex. Rev. ed.**

**Child Study Association of America**

Forthright replies to the questions children ask from the first curious queries of a three-year-old to the detailed knowledge a teenager needs to have.

**Sex education in the family.**

**Francis L. Filas**

A Catholic priest and a renowned authority on sex education, Father Filas is concerned not merely with sex information but also with the development of respectful and reverent attitudes.

**A Catholic parent's guide to sex education.**

**Audrey J. Kelly**

What, how, and when to tell your child about sex so that he will grow up with a healthy outlook.

**Your child and sex; a guide for Catholic parents.**

**George A. Kelly**

An expert in family counselling, Father Kelly gives parents the information and background they need to guide their children's sex education.

**Talking to children about sex.**

**Edna S. Lehman**

To give your child accurate knowledge and good attitudes about sex, all his questions must be answered intelligently and on a level with his comprehension.

**Sex and your teen-ager.**

**Eda J. LeShan**

Keep in touch with your teenagers advises this mother and family counselor as she discusses how today's parents and children can face changing views of morality.

**Guiding your daughter to confident womanhood.**

**Goodrich C. Schauffler**

A leading gynecologist gives mothers frank advice about guiding the development of their daughters' knowledge of and attitudes toward sex.

## **What shall I tell my child?**

Used successfully in the Scandinavian countries, this detailed, systematic program covers all aspects of sex knowledge and is designed for parents to use with children from their earliest years through adolescence.

Prepared by a Committee of Librarians Working  
with Children and Young Adults

Boston Public Library

## **FILMS**

### **Abortion and the law.**

**Carousel. 54 minutes.**

The plight of a young girl being steered to an abortionist graphically highlights the legal, moral, social, and psychological problems of abortion in the United States.

### **Beginning of life.**

**Benchmark. 30 minutes, color.**

Unique photography records the 266 days from conception to birth as a single, fertilized cell develops into a living child.

### **Boy to man.**

**Churchill. 16 minutes, color.**

Changes in voice, skin, and hair growth, but especially the development of glands and sexual maturation are the physical indications of emerging manhood.

### **The day life begins.**

**Carousel. 23 minutes.**

This elementary introduction to reproduction begins with a one-celled amoeba, goes on to show the actual birth of snakes and puppies, and then presents the development of a fetus at three and six months.

**From generation to generation.** McGraw-Hill. 27 minutes, color.

The conception, development, and birth of a child is portrayed as an emotional as well as a physical experience in this sensitively made film which combines animation and live action.

**The game.** McGraw-Hill. 28 minutes.

Goaded by his friends, Peter sets out to "make" Nicky and discovers that there is more to sex than a simple boy-girl relationship.

**Girl to woman.** Churchill. 18 minutes.

As a girl approaches womanhood, superficial changes in skin and body contours take place, but the important changes are those which prepare her to have children.

**Her name was Ellie, his name was Lyle.**

Louis de Rochemont. 29 minutes.

Haunted by the fear that he is infected with syphilis and not knowing where to go for treatment, Bruce realizes the dangers of casual sex relationships.

**Human reproduction. 2nd ed.** McGraw-Hill. 20 minutes.

The process of fertilization and the birth of a baby are shown in this scientifically accurate film which also emphasizes the psychological, emotional, and moral aspects of having a baby.

**Kathy.** Aims Instructional Media Services. 15 minutes.

As he interviews Kathy, who has gonorrhea, a doctor explains how the disease is contracted, its symptoms, the consequences of neglecting treatment, and the importance of naming sexual contacts.

**I'll never get her back.**

National Broadcasting Company. 26 minutes.

A young unwed mother-to-be, awaiting the birth of her child in a maternity home, must face the anguish of giving up her baby forever.

The merry-go-round. McGraw-Hill. 23 minutes.

Three experts with varying points of view discuss the developing sexual relationship between two teenagers.

**Parent to child about sex.** Henk Newenhouse. 31 minutes.

Comfortable, trusting family relationships are essential if parents wish to teach their children important facts and wholesome, mature attitudes concerning sex.

## **Phoebe – story of a premarital pregnancy.**

McGraw-Hill, 29 minutes.

On the day she discovers she is pregnant, Phoebe wonders how she will tell her boyfriend and her parents, and especially what each one's reaction will be to her problem.

A quarter million teenagers. Churchill. 16 minutes, color.

How are syphilis and gonorrhea introduced into the human body? How do they spread? What are their effects? How can they be treated?

McGraw-Hill, 26 minutes.

People infected with syphilis and gonorrhea explain how they contracted the disease, what their symptoms were, how they were treated, and how the attitudes toward these diseases are changing.

Selected by  
the Staff of the Audio-Visual Department  
Boston Public Library

## NOTES

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